For more information, contact Colleen O’Brien, LCPC
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CATHEDRAL COUNSELING CENTER
50 East Washington, Suite 301, Chicago, IL 60602

Starts on September 10th!

Finding Your Personal Power

Are you your own worst critic?
Do you have trouble in relationships?
Do you sometimes feel like a victim to people and events in your life?

This group is for people who can say yes to one or all of the questions above. Also, if you are an Adult Child of an Alcoholic (ACOA) or come from a family that struggles with functioning in a healthy way, this group could be helpful for you.

When we grow up with a parent who has problems with substance abuse, mental health issues, or general healthy functioning it impacts the way we interact in relationships and in life. While some skills we learn in our childhood homes can be helpful in the "real world," other skills no longer serve us and can get in the way of leading the life we want to lead.

Mondays, 5:15 pm - 6:45 pm

Limited space available. Initial interview required prior to committing to the group.